

Kenya

2003 Fact Sheet



The **2003 Kenya GSHS** measured dietary behaviors; hygiene; unintentional injuries and violence; mental health; tobacco use; alcohol and other drug use; sexual behaviors; physical activity; and protective factors.

The 2003 Kenya GSHS was a school-based survey of students aged 13-15 years. A two-stage cluster sample design was used to produce representative data for 13-15 year old students in Kenya. At the first stage, schools were selected with probability proportional to enrollment size. At the second stage, classes were randomly selected and all students in selected classes were eligible to participate. The school response rate was 96%, the student response rate was 87%, and the overall response rate was 84%. A total of 3,691 students participated in the Kenya GSHS.

Results for students aged 13-15 years	Total	Boys	Girls
Dietary Behaviors			
Percentage of students who are overweight	9.0 ± 3.2	9.8 ± 4.4	7.7 ± 6.2
Percentage of students who are at risk for becoming overweight	21.8 ± 5.0	22.4 ± 7.4	20.8 ± 7.6
Percentage of students who went hungry most of the time or always during the past 30 days because there was not enough food in their home	13.8 ± 2.7	13.1 ± 3.1	14.3 ± 3.5
Hygiene			
Percentage of students who never or rarely washed their hands before eating during the past 30 days	8.4 ± 1.9	9.4 ± 2.5	7.5 ± 1.9
Percentage of students who never or rarely washed their hands after using the toilet or latrine during the past 30 days	13.8 ± 2.2	15.5 ± 2.9	12.1 ± 2.5
Unintentional Injuries and Violence			
Percentage of students who were in a physical fight one or more times during the past 12 months	48.2 ± 4.5	50.5 ± 5.2	46.1 ± 5.5
Percentage of students who were seriously injured one or more times during the past 12 months	71.0 ± 4.5	71.1 ± 5.5	70.8 ± 6.1
Percentage of students who were bullied on one or more days during the past 30 days	57.1 ± 4.3	56.6 ± 5.5	57.4 ± 4.9
Mental Health			
Percentage of students who felt lonely most of the time or always during the past 12 months	16.3 ± 2.6	15.6 ± 2.9	16.7 ± 3.2
Percentage of students who seriously considered attempting suicide during the past 12 months	28.1 ± 3.2	27.5 ± 4.3	28.7 ± 4.0
Percentage of students who have no close friends	12.2 ± 3.0	11.1 ± 2.5	13.0 ± 3.9
Tobacco Use			
Percentage of students who smoked cigarettes on one or more days during the past 30 days	13.9 ± 3.2	17.3 ± 4.1	10.7 ± 3.5
Percentage of students who used any other form of tobacco, such as snuff or chewed tobacco on one or more of the past 30 days	13.1 ± 3.5	14.7 ± 3.9	11.6 ± 3.8
Percentage of students who reported people smoking in their presence on one or more of the past seven days	54.6 ± 3.8	58.0 ± 3.8	51.2 ± 6.1

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Results for students aged 13-15 years	Total	Boys	Girls
Alcohol and Other Drug Use			
Percentage of students who drank alcohol on one or more of the past 30 days	14.6 ± 2.8	16.8 ± 4.2	12.3 ± 3.5
Percentage of students who drank so much alcohol that they were really drunk one or more times during their life	19.7 ± 3.3	24.4 ± 3.6	15.1 ± 3.8
Percentage of students who had a hang-over, felt sick, got into trouble with family or friends, missed school, or got into fights, as a result of drinking alcohol one or more times during their life	27.8 ± 3.2	28.5 ± 4.6	26.9 ± 3.7
Percentage of students who used drugs, such as marijuana, bhang, mushrooms, speed, or cloud 9 one or more times during their life	13.2 ± 3.2	13.5 ± 3.1	12.7 ± 4.6
Sexual Behaviors			
Percentage of students who have ever had sexual intercourse	33.8 ± 4.0	45.1 ± 5.1	23.3 ± 6.2
Of students who had sexual intercourse during the past 12 months, the percentage who used a condom the last time they had sexual intercourse	47.0 ± 7.5	50.0 ± 8.6	39.0 ± 11.7
Physical Activity			
Percentage of students who were physically active seven days for a total of at least 60 minutes per day during the past seven days	12.0 ± 1.6	14.2 ± 1.9	10.1 ± 2.1
Percentage of students who spent three or more hours per day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as attending meetings, barazas, or prayers during a typical or usual day	37.8 ± 2.8	40.0 ± 3.9	35.9 ± 3.7
Protective Factors			
Percentage of students who missed classes or school without permission on one or more of the past 30 days	37.5 ± 4.6	38.4 ± 5.5	36.4 ± 6.0
Percentage of students who reported that most of the students in their school were kind and helpful most of the time or always during the past 30 days	41.7 ± 3.7	40.8 ± 5.2	43.0 ± 5.7
Percentage of students whose parents or guardians knew what they were doing with their free time most of the time or always during the past 30 days	42.1 ± 2.7	38.7 ± 3.6	45.3 ± 3.0

For Additional Information, please contact:

Anne Bett,
Ministry of Health, Nairobi, Kenya, ankibeti@yahoo.com